

# April 2010 Wellness Calendar

Sunday	Monday	Tuesday	Wellness Wednesday	Thursday	Friday	Saturday
National Cancer Control Month				1	2	3
4	5	6	7 Colonoscopy detects ulcers, polyps, tumors, and more	8	9	10 Smoking raises your risk for colon cancer
11	12	13	14 Obesity is one of the risk factors for cancer	15	16	17
18 Losing weight can lower your cancer risk	19	20	21 Prostate cancer risk is highest for men over age 50	22	23	24
25 Review the links below for prevention tips	26	27	28 Have kids avoid direct sunlight and use sunscreen	29	30	

[www.cancer.org](http://www.cancer.org) – Review the ACS's Guidelines for the Early Detection of Cancer, and about all aspects of the disease and support programs.

[www.cancer.gov](http://www.cancer.gov) – This government Website includes a wide variety of information on cancer prevention, detection, treatment, research, and more.

**HUMANA**  
Guidance when you need it most